

King County Emergency Medical Services
EMT Standing Orders for Glucometry
Effective January 2006

Glucometry is an approved protocol but optional by individual departments.

Indications For Use

Any time EMTs feel that the blood sugar level needs to be assessed to aid in the evaluation of the patient or in the identification of possible diabetes.

Any time an EMT encounters a patient with an altered level of consciousness or with disorientation. This may include patients with the following:

- Unconsciousness
- Suspected diabetic-related problem
- Signs and symptoms of stroke
- Suspicion of drug or alcohol intoxication

Contraindications

Children less than 5 years of age.

Use and application

Perform the testing procedure as outlined in the instructions for your specific device. Record all readings on the incident response form.

Under no circumstances should the presence of a blood glucose monitor detract from basic patient care. (e.g., ABCs)

Perform blood glucose evaluation after the ABCs and initial assessment have been completed. **If a patient is treated with oral glucose you must perform a second glucose level check** (see pages 85-86 in the *EMT Patient Care Guidelines*).

Patients who take oral medications for diabetes who are initially found to be hypoglycemic should be strongly advised to seek further evaluation by a physician due the high likelihood of repeated hypoglycemia secondary to long medication half-life.

Patients who take insulin (e.g., injected, pump) may be safely left at home if:

- They respond completely AND
- If someone will be in attendance AND
- If they have a repeat glucose level that is **at least 60 mg/dl**

If the target glucose level is not met initially, EMTs may consider repeating the glucose in several minutes. These patients must receive after-care instructions (ACI) if they are not being transported to the hospital. EMTs must record:

- Initial and final glucose levels
- That ACI were left with patient
- If patient has a history of diabetes
- If patient is on diabetes medication